

Dear Students, Whenever I worry about the future of healthcare in this country, I think of you and feel hopeful. Whenever I am looking for optimism or seeking inspiration, I see your faces and hear your voices. Your humanism, compassion, kindness and empathy are so strong. Your commitment to those suffering the burdens of structural and systemic inequalities and injustices is profound. Your ability to hold each other up is awesome. Going forward, be fearless, be buoyant, be grateful, and find joy every day. Don't be afraid to feel – the anger, the sorrow, the happiness - it will keep you human. Don't be afraid to love – your patients, your fellow residents, yourselves – this is how you'll know you're human. Trust your hearts – you know what is right, so keep fighting for it. As the 13th century Persian poet Rumi advised, "Wherever you are, be the soul of that place." I know you will.